

# Netball



Netball is a team-based ball sport in teams of 7. The team with the ball attempts to move the ball into its goal circle from where they can shoot the ball into the net to score, by passing and teamwork. While the opposing team uses defensive movements and strategies to prevent this and to gain possession. The team with the greater number of goals will win the match.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

## Key Stage 1

In KS1 they will be working on the basic skills involved in netball such as throwing, catching, passing, and shooting. This will be done through drills and games. At this age students will learn through fun and engaging activities that allow them to progress and learn at their own pace.

## Key Stage 2

In KS2 they will be working on building on the skills they learned in KS1. Using sport specific activities, they will learn to transfer the basic skills into games and game situations. They will also learn the different positions and areas that players can move during matches.

## General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.